



A DESCRIPTIVE STUDY OF THE PERSONALITY OF THE WOUNDED INNER CHILD

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ABSTRACT

A wounded child may be identified as someone who possesses a deep feeling that there's something wrong with him/her. To heal the wounded child is to give yourself everything you demanded but did not received in childhood. Out of fifty participants, thirty-three participants' resulted in a medium category of being a wounded child ranging from one hundred three to one hundred thirty-four. The state of the wounded child varies depending on the way one was treated and was taken care of in childhood. The inner child is always present inside us reveals the child that we formerly were in our childhood both in the negative and positive aspects. Out of fifty participants, the participants who carried a medium category of being a wounded child were the majority. The participants who carried a low level of the wounded child indicated lower or negligible traits and characteristics from that of the participants they have higher levels of being a wounded child, nine participants resulted being lowly wounded children ranging from the raw scores of seventy-nine to hundred, eight participants resulted in being highly wounded children ranging the raw scores of one hundred forty-five to one hundred seventy-six. The inner child in any person is the crux of an individual's personality, it is shaped by the way a person receives love, care and a healthy environment in childhood, painful experiences results in the wounding of an inner child further contaminating the experiences and growth in the later developing ages of life.

KEYWORDS: Childhood trauma; Wounded child; Personality; Dysfunctional family; Psychoological well being.

INTRODUCTION:

The concept of the inner child was first proposed by psychologist Carl Jung after he evaluated his child-like inner feelings and emotions. He postulated that it was this inside or inner part of all folks that impacts all we do and therefore the decisions that we make in our lives. One and all hold a personality that's the characteristic pattern of thoughts, feelings and behaviors that produces one and all unique. Depending upon the characteristic patterns of an individual the personality of an individual is often bifurcated into introversion and extroversion which was also introduced by Carl Jung. Personality describes the unique patterns of thoughts, feelings, and behaviors that distinguish a person from others. A product of both biology and environment, it remains fairly consistent throughout life. Examples of personality can be found in how we describe other people's traits. For instance, "She is generous, caring, and a bit of a perfectionist," or "They are loyal and protective of their friends." The word "personality" stems from the Latin word persona, which refers to a theatrical mask worn by performers to play roles or disguise their identities. Trait theories tend to view personality as the result of internal characteristics that are genetically based and include: Agreeable: Cares about others, feels empathy, enjoys helping others; Conscientiousness: High levels of thoughtfulness, good impulse control, goal-directed behaviors; Eager-to-please: Accommodating, passive, and conforming; Extraversion: Excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness; Introversion: Quiet, reserved; Neuroticism: Experiences stress and dramatic shifts in mood, feels anxious, worries about different things, gets upset easily, struggles to bounce back after stressful events; Openness: Very creative, open to trying new things, focuses on tackling new challenges.

Carl Jung's Archetypes:

To define his 12 archetypes of personality, Jung studied the symbols and myths of many different cultures. These archetypes represent behavior patterns that make up different ways of being. They're also cultural symbols and images that exist in the collective unconscious. These Archetypes determine the childhood traumas of a person too.

The Innocent: Innocent people seem to have examined and assimilated every self-help tale in the world. They are positive and always looking for satisfaction. Innocent people see the fortunate in everything. Innocent people also want to gratify others and want to believe that they relate too. During childhood, they may often think of an equal bond with both parents as they tend to be balanced, but this may be for better or worse depending on parental preference. However, in a supportive family environment, they may feel nurtured and favored because it is an optimistic environment where they can also nurture and support others, such as parents or siblings. However, if they feel connected to their family, but the family is dysfunctional, and there is often confrontation or unrest they may learn to "call out" the problem and seek ways to numb themselves to the conflict.

The Everyman/Orphan: Orphan archetypes roam over with clear wounds. They feel deceived and unhappy. They want others to take charge of their lives. They get dissatisfied when no one does it. They tend to spend time with people who feel like them. Orphans often play victims. They bluff to be naive. They want

security more than anything else. Their lives were hard: trauma and ordeal urged them to accept the odds of reality and, worst of all, an awful skepticism. It takes a while to be everyone's genuine companion because their abandonment issues make it tough to believe others.

The Hero: The axis of a hero's existence is power. Heroes have unusual energy and hostility that they use to fight for power or honor. They will do whatever it takes to prevent failure. They don't lose because they never give up. Heroes can be overly driving and monitoring. A hero's path begins with the hero's significance quo and starts up his normal, ordinary life. Suddenly, he encounters a crisis, adventure or challenge. The hero is hesitant at first but later finds himself motivated by his coach. Finally, the hero takes the first step and the expedition begins. It shows his responsibility in his journey. However, the hero withstood the hardship from the verge of death. He came back to face the challenge and save his life. This time, his fight was won. It turns out that, aside from achievements, the journey changes the hero forever. He has now realized that he can use his inner strength and knows that his enormous fears can be spared.

The Caregiver: Caregivers feel stronger than others. Therefore, they deliver maternal safety to those around them. They want to safeguard people from destruction and try to prevent any hazard or risk that endangers the well-being of others. In extreme cases, caregivers become martyrs, always reminding everyone of their surrender. Gain a connotation of identity and self-worth by dismissing your own needs. They speculate that the only way to get love is to cater to others while rejecting their own needs. As children, they also clashed about the guarding figure in the family.

The Explorer: The explorer is a courageous traveler. They set out without an apparent path and are always upright to curiosity and exploration. The explorer has a deep love of uncovering new places and new things about themselves. The downside of the explorer archetype is that they're always searching for the epitome and they're never gratified. In childhood, they felt detached from the image of raising people at home. This could be the mother, father or grandparent - the person accountable for most of the nurture and care. For whatever reason, whether it is abuse or misunderstanding, they feel they can't expect to receive the parenting they need on a consistent, immediate level. To deal with this, they understood to concentrate on "transitional objects" or toys and activities that would nourish the emptiness inside. They formulated the unconscious message that they needed to nurture themselves because nonentity else would do it satisfactorily. So they would seek out distractions, workouts, likelihoods, and subjects that would fascinate their perceptions and keep them involved.

The Rebel: Rebels are lawbreakers. They provoke others and don't care about their opinions at all. Therefore, they like to swim against the recent and think for themselves. They don't like being demanded or exploited. The downside of rebel archetypes is that they can self-destruct. They may also be opinionated about their views, eliminating those who do not meet their description of "good," thus reiterating the social cycle they are trying to break out of. It's not unusual for them to turn to crimes against innocents on the sidelines and lose their sense of way and

morals in the cycle. They often alienate themselves from their friends or those who would have favored them. They do it a lot because they were often restricted by their households during their childhood. Maturing up, they realize that they have the strength to communicate their ideas, and they comprehend how they can use that power to express their ideas so well.

The Lover: Lovers are wholehearted and sensitive. They love and love to spend it on others. Their enormous satisfaction is feeling loved. They appreciate all the pleasing senses. They value elegance (in any sense) above all else. During childhood, they felt affiliated with the guarding figure in their home. However, this link is not always favorable. They internalize their connection with the identity and learn to depend on them for safety or direction rather than believing their internal voice. They prefer the insurance of authority and the confirmation of an assistance network, but they also don't believe in and question authority and others (including themselves). They also constructed the notion that to attain love, they must bestow love selflessly to others.

The Creator/Artist: Creators have a deep desire for freedom because they love novelty. They like to alter things to formulate something entirely modern. Creators are smart, non-conformists, and self-sufficient. However, they can also be incompatible and Joseph J Pestana (2018) studied The Inner Child: Explorations in transformative education The following paper combines these elements to propose a new level of health and responsibility for ourselves and our future. It means stepping into and changing from within. This is the basis of our core beliefs when framing relationships. Everyone is in the classroom to learn something, and they are always learning something worthwhile.

Abbas Edalat (2017) studied Self-attachment: A self-administrable intervention for chronic anxiety and depression This study proposed a holistic approach to combating chronic anxiety and depression, introducing a technique called self-bondage. It is aimed at helping individuals create attachment objects in their adult selves, caring for their inner child, and recognizing depression and anxious thoughts as a world of harsh pursuits. It can be viewed as an inner child's mental state left to its own devices in the face of what is unbearable.

David Edward (2013) studied From Panic Disorder to Complex Traumatic Stress Disorder: Retrospective Reflections on the Case of Tariq This is a phenomenological hermeneutic case study of the first panicked Tariq obstruction. It documented how the underlying meaning of his initial panic deepened and revealed traumatic childhood memories as treatment progressed. The type of psychotherapy described here helped Tariq explain the first painful experience and the deeper layers of the meaning that colored and aggravated his threat experience.

Sonya E. (2016) studied New Age with Chinese Characteristics. Translating Inner Child Emotion Pedagogies in Contemporary China they considered the translation of Inner Child Emotional Pedagogy in China today. This article focuses on the diverse interactions that take place in the evening salon and observes educational strategies and meta linguistic practices that translate and transform inner child education

AIMS/OBJECTIVES:

1. To assess and analyze the impact of carrying a wounded child into an individual's personality dimensions such as psychoticism, neuroticism, extraversion.
2. To explore and study various causes behind an individual carrying a wounded child.
3. To explore and develop various effective and healthy mechanisms for healing or reconnecting with the inner child.
4. To explore and analyze the cause behind an individual having extreme to very high levels in the dimensions of personality.
5. In-depth study of the differences in the characteristics, childhood history of the one who carries a highly wounded inner child from a lowly wounded inner child.
6. In-depth study of the behavioural patterns who carries a highly wounded inner child from a lowly wounded inner child.
7. In-depth study of the perceptions of the individual patterns who carries a highly wounded inner child from a lowly wounded inner child.

RESEARCH METHOD:

Sample:

The data were gathered using a stratified random sampling technique from different states of India. Data was gathered from 50 participants. Among the respondents 18 were males and 32 were females and their ages ranged from 18 years to 54 years.

Variables:

Independent variable

Wounded Child

Dependent variable

Personality

Tools Used:

1. Standardised Tests:

a. Anugraha Wounded Child Scale:

- **Prenatal Bonding:** Prenatal Bonding; Prenatal bonding offers the chance to forge a strong link between mother and fetus to observe the baby's growing inside the womb, and to recognize the fetus' early development of personality. Any prenatal dysfunctions can be identified in the same way, including their potential for quick recovery. A tremendous amount of self-esteem and good access to personal potential are present in the newborn after birth.
- **Mother Bonding:** Maternal bonding, defined as an emotional tie from the mother towards her child, develops already during pregnancy. The quality of maternal-infant bonding is important, as it is predictive of maternal sensitivity and is related to child developmental outcomes
- **Father Bonding:** Babies who have benefited from paternal interactions from an early age get on better with their peers," insists Dr Lin Day, the founder of Baby Sensory development classes "They're academically more successful, stay in school longer, use drugs and alcohol less frequently and are less likely to get involved with crime . They may also be better equipped socially and psychologically than infants who receive very little attention from their fathers."
- **Family Bonding:** A family bond is a connection that different people have, and this is either through blood relation, marriage, or adoption. This often involves immediate relatives, such as parents and siblings, or slightly more distant, such as grandparents, aunts, uncles, and cousins.
- **Neighborhood Bonding:** The bonds that a child develops with different kinds of people that are present within the surroundings.

2. Dr. B. Dey, Ph.D. (London) Dr.R.Thakur, Ph.D. (Patna) EPQ-DBTR (For Adults), (Hindi version). The test measures the following dimensions.

- a) **Extraversion:** Extraversion is a broad personality trait and, like introversion, exists on a continuum of attitudes and behaviors. Extraverts are relatively outgoing, gregarious, sociable, and openly expressive.
- b) **Neuroticism:** Is characterized by a chronic level of emotional instability and proneness to psychological distress.
- c) **Psychoticism:** characterized by aggression, impulsivity, aloofness, and antisocial behavior, indicating a susceptibility to psychosis and psychopathic disorders

Tables, Figures and Interpretation:

The overall participants were observed to be highly wounded in the dimension of father bonding followed by neighborhood bonding and other dimensions such as prenatal bonding and mother bonding shared the same value of the total scores followed by carrying a high level of percentage in the neuroticism dimension of personality factor ranging from extreme to high levels of variation.

Table 1.1: Highly Wounded Child; Psychoticism (Average)

AWCS Raw Score	Psychoticism
160.375	72%

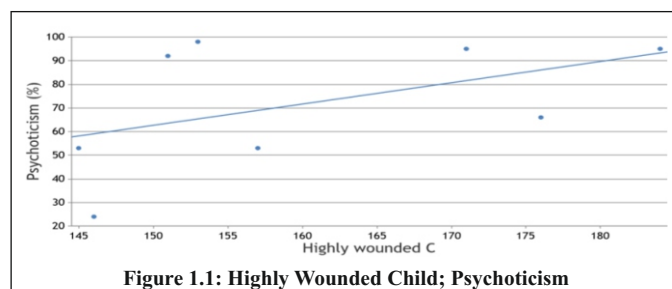


Table 1.2: Highly Wounded Child; Extraversion (Average)

AWCS Raw Score	Extraversion
160.375	35%

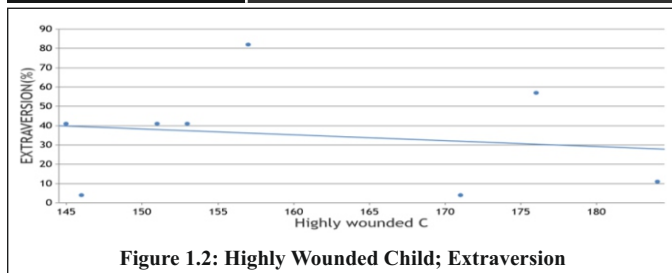


Figure 1.2: Highly Wounded Child; Extraversion

Table 1. 3: Highly Wounded Child; Neuroticism (Average)

AWCS Raw Score	Neuroticism
160.375	97%

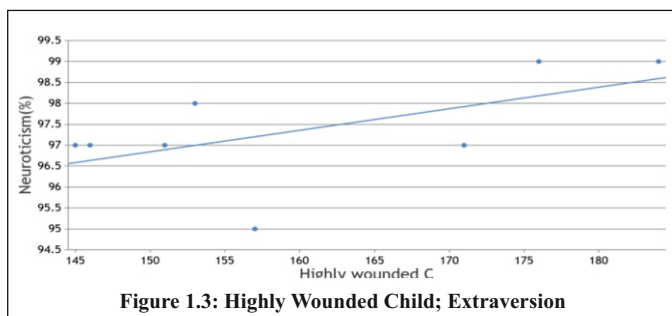


Figure 1.3: Highly Wounded Child; Extraversion

Out of 50 participants, 8 participants resulted in being highly wounded children ranging the raw scores of 145-176. The score of 176 was observed to be the highest score for carrying a wounded child. The participants who carried a highly wounded child reflected the traits like being punished when tried to speak up or act differently, being discouraged from playing or having fun, weren't allowed to show strong emotions such as anger or joy, being shamed by parents or family members, being verbally criticized, physically punished or abused regularly, weren't given physical affection, e.g. hugs, kisses, cuddles. This showed the high impact and development of their personalities assessed with High levels of Psychoticism, which included traits such as aggressiveness, manipulation, tough-mindedness, risk-taking, irresponsibility, and impulsivity versus their opposites. Most of the participants were assessed as having very low to negligible levels in the dimension of extraversion or can be labeled as introverts that are characterized by traits such as reserve, passivity, thoughtfulness, and a preference to keep emotional states private. The participants displayed extreme levels of neuroticism responding poorly to environmental stress, interpreting ordinary situations as threatening and can experience minor frustrations as hopelessly overwhelming.

Table 2.1: Lowly Wounded Child; Psychoticism (Average) AWCS Raw Score Psychoticism

AWCS Raw Score	Psychoticism
91.77777778	35%

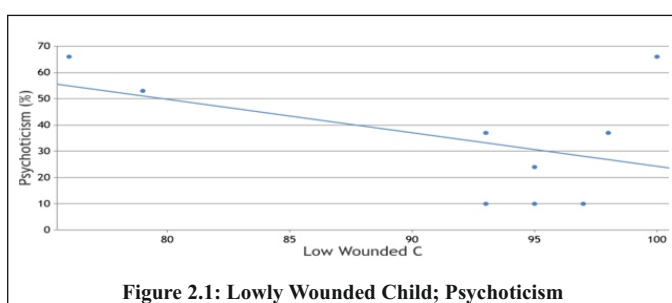


Figure 2.1: Lowly Wounded Child; Psychoticism

Table 2.2: Lowly Wounded Child; Extraversion (Average)

AWCS Raw Score	Extraversion
91.77777778	46%

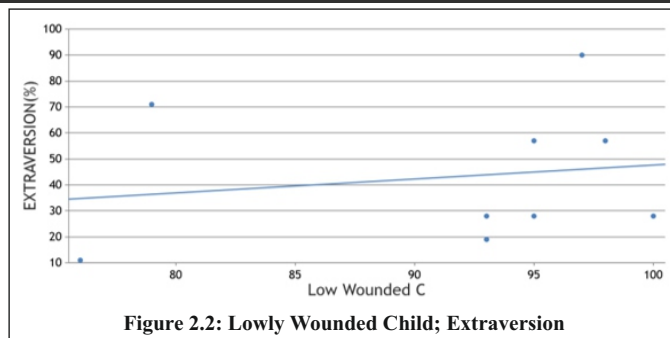


Figure 2.2: Lowly Wounded Child; Extraversion

Table 2.3: Lowly Wounded Child; Neuroticism (Average)

AWCS Raw Score	Neuroticism
91.77777778	50%

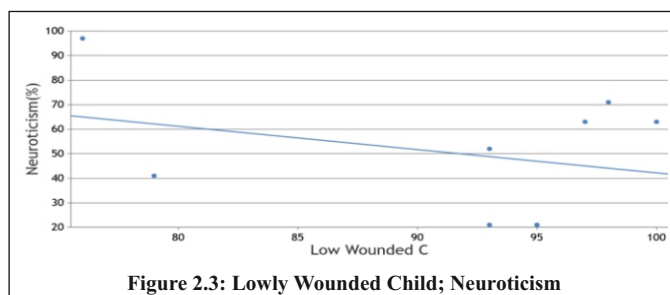


Figure 2.3: Lowly Wounded Child; Neuroticism

Out of 50 participants, 9 participants resulted being lowly wounded children ranging from the raw scores of 79-100. A score of 100 was the maximum obtained for carrying a low level of the wounded child. The participants who carried a low level of the wounded child indicated lower or negligible traits and characteristics from that of the participants they have higher levels of being a wounded child. They showed a healthy establishment and connection with their parents, family, neighborhood and their surroundings. They reflected healthier self-esteem with effective coping mechanisms in their day-to-day lifestyle. They displayed a healthier development and shaping of their personalities in later stages of life assessed with average to low levels of psychoticism, extraversion and neuroticism which included traits such as low aggressiveness, non-manipulation, cautious risk-taking, sense of responsibility, and negligible or non-impulsive, mostly outgoing, enthusiastic and confident with health regulation and understanding of their self and emotions.

Table 3.1: Medium Wounded Child; Psychoticism (Average)

AWCS Raw Score	Psychoticism
120.1515152	48%

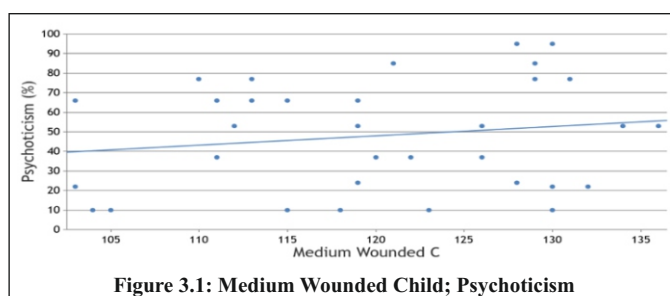


Figure 3.1: Medium Wounded Child; Psychoticism

Table 3.2: Medium Wounded Child; Extraversion (Average)

AWCS Raw Score	Extraversion
120.1515152	49%

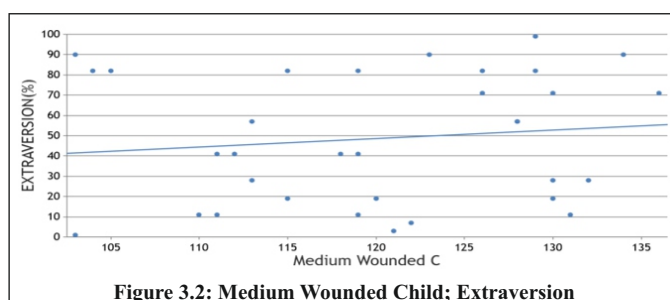
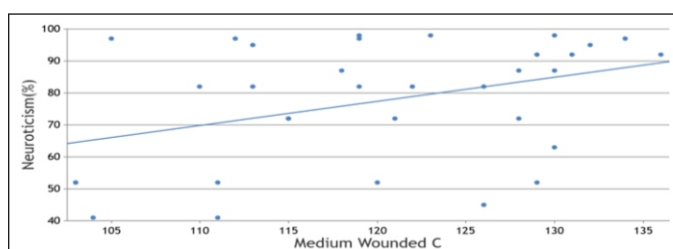


Figure 3.2: Medium Wounded Child; Extraversion

Table 3.3: Medium Wounded Child; Neuroticism (Average)

AWCS Raw Score	Neuroticism
120.1515152	77%

**Figure 3.3: Medium Wounded Child; Neuroticism**

In the remaining category i.e. the participants who carried a medium category of being a wounded child were the majority of the total participants. Out of 50 participants, 33 participants' resulted in a medium category of being a wounded child ranging from 103-134. A score of 134 was the maximum obtained. These participants displayed average to very low levels of psychoticism, extraversion and extreme to very high levels of neuroticism lacking the skills to respond poorly to environmental stress, interpreting ordinary situations as threatening and can experience minor frustrations as hopelessly overwhelming. They had an average level of family bonding, lifestyle and environment. The average level, self-esteem and the struggle with effectively using the coping mechanisms.

DISCUSSION AND CONCLUSION:

In the research study Descriptive Study of the Personality of the Wounded Inner Child. I have briefly demonstrated the concept of wounded child and through briefly analyzing the different levels of wounded child majorly taking into consideration and analyzing the major differences between the individuals that carries a highly wounded to the ones who carried lowly wounded inner child and how it impacted the participants personality. I came to a finding that the inner child is always present inside each one of us, it reveals the child we once were in our childhood both in the negative and positive aspects playing an important and a major role in building up and shaping our personalities as we grow up.

The data were gathered using a stratified random sampling technique from different states of India. Data was gathered from 50 participants. Among the respondents 18 were males and 32 were females and their ages ranged from 18 years to 54 years. After the successful interpretation of the data it was observed that the participant belonging to the age of late adulthood having a low or negligible level of wounded inner child than that of the young adults. The participants belonging to late adulthood showed a higher level of satisfaction in life, capacity to carry out responsibilities with a sense of purpose in life having a satisfied and secured relationships with the family, parents and in the neighbourhood surroundings. They reflected healthier self-esteem with effective coping mechanisms in their day-to-day lifestyle. They displayed a healthier development and shaping of their personalities in later stages of life assessed with average to low levels of psychoticism, extraversion and neuroticism which included traits such as low aggressiveness, non-manipulation, cautious risk-taking, sense of responsibility, and negligible or non-impulsive, mostly outgoing, enthusiastic and confident with health regulation and understanding of their self and emotions.

On the other hand the young adults who carries a high level to moderate level of wounded inner child showed less to average level of satisfaction in life with a confused, changeable or no sense of purpose in life. They displayed mostly feelings of insecurity and unhealthy or not so strongly connected attachment patterns with their respective families and neighbourhood. The possible causes that were noticed was unhealthy brought up as a child by the caregivers, with rapid developments and lack of availability of spending quality time with each, most of them were a passive participant of being a member of a dysfunctional family being faced with various neglects such as physical, social and emotional.

The observed impact on most of their personalities was resulted in developing a characteristic of being co-dependent in nature. Being rebellious against their caregivers, sense of not so strong and satisfied self-esteem. A quite them were observed to be exposed to the porn culture, getting into relationships with unhealthy partners in early stages of their life having a direct impact on their personality resulting in having very high to extreme levels of neuroticism followed by psychoticism carrying the evident characteristics of aggressiveness, manipulation, tough-mindedness, risk-taking, irresponsibility, and impulsivity versus their opposites, responding poorly to environmental stress, interpreting ordinary situations as threatening and can experience minor frustrations as hopelessly overwhelming.

Carrying high levels and tendencies and characteristics of neuroticism and psychoticism has increased the proneness to possible psychological related disorders such as adult attachment disorders, addiction and other abusive disorders which could further increase the possibilities into getting depression and anxiety related disorders.

The state that your inner child is in will vary depending on your childhood experiences and how much you have or have not healed them. A simple way to start your journey is to begin showing your younger self infinite love, slowly building up a healthy sense of personality can be accomplished with time. Following ways can be considered in healing of the wounded child within ourselves and develop a healthier personality at the same time.

- By getting engaged in activities to start feeling (a little bit at a time) to undo the numbing.
- Work on reducing anxieties and fears by processing fearful memories or experiences.
- Developing healthy relationships which makes feel safe and steady.
- Create a structure and nourishing self-care- by creating steady patterns of feeding, sleeping, hygiene & sex.
- Develop clear emotional, energetic, time and physical boundaries.
- Create passions and hobbies and make them part of your life.
- Shift focus from performing to doing + being + celebrating.
- Practicing various methods of journaling and maintaining a commotion lists.

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